

A Feeling of Security

You naturally feel secure when you know that the medicine you are about to take is absolutely pure and contains no harmful or habit producing drugs.

Such a medicine is Dr. Kilmer's Swamp-Root, kidney, liver and bladder remedy. The same standard of purity, strength and excellence is maintained in every bottle of Swamp-Root.

It is scientifically compounded from vegetable herbs.

It is not a stimulant and is taken in teaspoonful doses.

It is not recommended for everything. It is nature's great helper in relieving and overcoming kidney, liver and bladder troubles.

A sworn statement of purity is with every bottle of Dr. Kilmer's Swamp-Root.

If you need a medicine, you should have the best. On sale at all drug stores in bottles of two sizes, medium and large.

However, if you wish first to try this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

The Soldier's Protest.

Bishop Flipper said in Atlanta: "A colored chaplain was addressing a squad of colored men back of Bar-le-Duc.

"Boys," he said, "Satan is powerful, but he is not omnipotent. He is bound with chains, yet he can get at you"—and the chaplain pointed to a Mobile soldier—"and he can get at you"—and he pointed to a soldier from Washington—"and he can get at you"—and he pointed to a soldier from Point Rock.

The Point Rock soldier gave a grunt.

"Why, boss," he protested, "the old cuss might as well be loose."

Their Prospects.

"Propheticity is what brings about marriages," declared the father of three single daughters, in didactic mood.

"Yes?" murmured his wife.

"It works this way. From among the men who call most frequently at a house the daughters of the house naturally select husbands."

"In that case," said the mother, sadly, "I fear our girls are doomed to marry bill collectors."

Watch Cuticura Improve Your Skin. On rising and retiring gently smear the face with Cuticura Ointment. Wash off Ointment in five minutes with Cuticura Soap and hot water. It is wonderful sometimes what Cuticura will do for poor complexions, dandruff, itching and red rough hands.—Adv.

Did He Hug Her?

"Would you embrace an opportunity?" asked the girl with the trim waist.

"Sure," said the young man with a good right arm. "Is this one?"—Louisville Courier-Journal.

The occasional use of Roman Eye Balm at night upon retiring will prevent and relieve tired, watery eyes, and eye strain. Adv.

The man who does his best can trust the world to do its part.

THIN PEOPLE SHOULD TAKE PHOSPHATE

Nothing Like Plain Bitro-Phosphate to Put on Firm, Healthy Flesh and to Increase Strength, Vigor and Nerve Force.

Judging from the countless preparations and treatments which are continually being advertised for the purpose of making thin people fleshy, developing arms, neck and bust, and replacing ugly hollows and angles by the soft curved lines of health and beauty, there are evidently thousands of men and women who keenly feel their excessive thinness.

Thinness and weakness are often due to starved nerves. Our bodies need more phosphate than is contained in modern foods. Physicians claim there is nothing that will supply this deficiency so well as the organic phosphate known among druggists as bitro-phosphate, which is inexpensive and is sold by most all druggists under a guarantee of satisfaction or money back. By feeding the nerves directly and by supplying the body cells with the necessary phosphoric food elements, bitro-phosphate should produce a welcome transformation in the appearance; the increase in weight frequently being astonishing.

Increase in weight also carries with it a general improvement in the health. Nervousness, sleeplessness and lack of energy, which nearly always accompany excessive thinness, should soon disappear. Dull eyes ought to brighten, and pale cheeks glow with the bloom of perfect health. Miss Georgia Hamilton, who was once thin and frail, reporting her own experience, writes: "Bitro-Phosphate has brought about a magic transformation with me. I gained 15 pounds and never before felt so well."

CAUTION:—Although bitro-phosphate is unsurpassed for relieving nervousness, sleeplessness and general weakness, it should not, owing to its tendency to increase weight, be used by anyone who does not desire to put on flesh.

USE ANTISEPTIC MUL-EN-OL AS A MOUTH WASH AND DENTIFRICE
It Cleans the Teeth, Disinfects the Mouth and Keeps the Gums Firm and Healthy

HOW THIS NERVOUS WOMAN GOT WELL

Told by Herself. Her Sincerity Should Convince Others.

Christopher, Ill.—"For four years I suffered from irregularities, weakness, nervousness, and was in a run down condition. Two of our best doctors failed to do me any good. I heard so much about what Lydia E. Pinkham's Vegetable Compound had done for others, I tried it and was cured. I am no longer nervous, am regular, and in excellent health. I believe the Compound will cure any female trouble."—Mrs. ALICE HELLER, Christopher, Ill.

Nervousness is often a symptom of weakness or some functional derangement, which may be overcome by this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, as thousands of women have found by experience.

If complications exist, write Lydia E. Pinkham Medicine Co., Lynn, Mass., for suggestions in regard to your ailment. The result of its long experience is at your service.

Couldn't Hear Him Grow.

Baby Marie Osborn was being featured at an East side theater. It must have been a show particularly suited for the little folk. At one point in the story a rooster flew on a fence in the early morning, flapped his wings proudly and crowded lustily. When he appeared on the fence, so realistic was the picture that the audience became silent. Then the stillness was broken by a small voice, lost in the realism of the thing: "Mother, mother, I can't hear him crow!"—Indianapolis News.

For a Rainy Day.

Catherine—How many dozen potato bugs did you get today, Martha? Martha (the youngest)—Papa owes me 20 cents. I got twenty dozen. Catherine—I beat you! I got thirty dozen. We must be careful an' not spoil the little yellow things on the leaves, Martha, 'cause they're eggs.

The Strong Withstand the Heat of Summer

Better Than the Weak. Old people who are feeble and younger people who are weak, will be strengthened and enabled to go through the depressing heat of summer by taking Grover's Kidney and Bladder Pills. It purifies and enriches the blood and builds up the whole system. You can soon feel its strengthening, invigorating effect. 50c.

A shark's teeth are movable at will, and become erect at the moment the animal is seizing its prey.

Couldn't Move

In Bed Twelve Weeks From Rheumatic Trouble. Now Praises Doan's.

"For twelve weeks I lay abed, unable to move a muscle," says Mrs. Gust Johnson, 604 E. Seventh St., Red Wing, Minn.

"The pains that shot through my entire body seemed more than any human being could stand. My hands and arms and lower limbs were put in splints to stop them from twisting into knots. Every ligament seemed ready to snap. I can't understand how I endured such agony."

"Several physicians agreed that I had inflammatory rheumatism, but their medicine didn't give me any relief. My folks wanted to take me to a hospital, but I would not let them. The doctors said that nothing could be done for me."

"I had been an invalid now for two years, before I finally decided to resort to Doan's Kidney Pills. I used twelve boxes and they surely did prove their wonderful merit. It is a year since, and I have enjoyed the best health of all my life. I weigh nearly 170 pounds and am like a different person in every respect. I shall always praise Doan's Kidney Pills."

Sworn to before me. HAROLD V. PETERSON, Notary Public.

Get Doan's at Any Store, 60c a Box. DOAN'S KIDNEY PILLS. FOSTER-MILBURN CO., BUFFALO, N. Y.

For Grip, Colds and MALARIA

7-11 CHILLIFUGE

kills the Malaria germ and regulates the liver. 25 CENTS

Itching Rashes

With Cuticura

All druggists; Soap, 25c; Ointment, 25c; Jar, 50c. Sample each free of "Cuticura," Dept. 3, Boston.

DAISY FLY KILLER PLACED ANYWHERE

ALL FLIES, Nocturnal, common, annoying, etc., etc., etc. Made of metal, can't spill or get wet. Will not harm anything. Guaranteed effective. Sold by dealers, or by EXPRESS, prepaid, U.S.

RABOLD SOMERS, 140 De Kalb Ave., Brooklyn, N. Y.

DROPSY TREATMENT. Give quick relief from dropsy. Never heard of the equal for dropsy. Try it. Trial treatment sent FREE, by mail. Write to DR. THOMAS E. GREEN, Box 5649, Box 25, CHATSWORTH, MS.

Up the Magdalena River



Scene on the Magdalena River.

THE trip by the Magdalena river from the sea to Bogota, the capital of Colombia, is one of the most interesting the traveler can find, says the London Times. The time of the voyage varies from nine to fourteen days, according to whether it is made in the wet or dry season.

During the trip one ascends from sea level to 9,000 feet above it; there are three separate trains, and two steamer journeys; the scenery varies from sweltering forest to wide, airy pastures, wheatfields and ragged blue mountain peaks; the dwellings of the people change from insouciant, palm-thatched huts to the imposing Spanish style stone mansions of the ancient city of Bogota.

Puerto Colombia, with the turquoise Caribbean washing its feet, is a port by courtesy. Steamers call there for the convenience of Barranquilla. Wide-spread, sunny, flower-bedecked Barranquilla sits upon the bank of the Magdalena, and continually and passionately discusses the question of water transport, for it can have no direct access to the sea until the Magdalena bar is conquered.

From Barranquilla one takes a river steamer to La Dorada. On the flat-bottomed river boat, drawing only a foot or two of water, travelers must provide themselves with bedding; the steamship company lends a canvas cot, but nothing else, and the Barranquilla hotels specialize in providing the visitor for Bogota with the outfit—a pillow of tree-cotton, a couple of tiny sheets, a mosquito netting "bar," a couple of little towels. No other bedding is needed, for the heat is stifling; but the judicious also take table delicacies and everything needed in the way of beverages, with the exception of coffee, of which there is a constant and most excellent flow.

Soon the forest closes down to the edge of the water, as unconquered, as dominant, as in Quesada's day, 400 years ago. Quesada took two years to ascend the river to Bogota, the survivors of his party arriving ragged and starving; the marvel is that a single one of those adventurers reached the plains.

Scene of Great Beauty.

The jade of banana leaves, whipped into rags by the wild, the glaucous green of lilies, the emerald of the palms, the Jasper of the great forest giants, is only broken here and there by a trail of flowering vine or the rare sight of a high-perched mauve or gold orchid; where open spaces occur there are low-growing bushes covered with flowers, and one sees a host of butterflies and birds, but usually there is nothing but the river and the green wall of forest. When rain falls in a straight sheet even the forest is blotted out and the alligators and turtles of the margins are invisible until the sun reappears.

When a stop is made for wood or to deliver merchandise to some little trading point the outlet for some rich region producing sugar, hides, coffee or tobacco, all the village comes to the little wharf, guns are fired and the church bell is rung in the steamer's honor; there are a number of such places below Puerto Berrio. Puerto Berrio is important as the starting point for the wonderful Cauca Valley, worth some trouble to reach and possessing a perpetual June climate, a wealth of fruit and flowers, a fertile soil and mountains sown with precious minerals.

At La Dorada, where the blue mountains have suddenly come nearer and turn green and purple, there is little but a row of modest cottages, and the railway sheds; but here is the train for Beltran, the line leaving the river, and traversing a wonderful country of bright green pastures with sturdy herds grazing, fine luscious trees and hills that rise grotesquely, topped with fantastic rocks like battlemented castles of the middle ages. All this region is famous for its tobacco, and has exported it to Europe for over a hundred years. The train stops at Honda, where one looks far down at the rapids; the town is bright and pretty, the center of a gold mining industry, and here, by the way, one buys four cigars of excellent tobacco for the equivalent of 24c.

There is another halt at Mariquita,

where Quesada died, and where today an English company has established one of the terminals of an aerial tramway across the broken country, forests and mountains into the Cauca valley. The tall standards march along into the distance almost directly west; I believe that the enterprise has been, as it deserves, very successful—I heard of a grand piano having been carried triumphantly by this air line.

Trains Go Slowly.

About five hours is occupied by the train journey and then Beltran is reached with its waiting steamer for the rio arriba. The steamers for the upper river are small, the dining-tables set out on the open main deck in picnic style. There are only six cabins on this little boat, and most of the score of passengers sleep outside under a sapphire velvet sky set with a million diamonds. This sky seems very close above; the air is soft, full of woodland scents; all night one hears the song of the river, only overcome when at first flush of dawn hundreds of ringing bird voices begin to call from the bushes.

With full daylight comes realization of the beauty of the rio arriba. Here the steep, folded mountain spurs stand down to the water's edge, little white cliffs marking the force of the flood in the rainy season; brilliant green on the long crests, these spurs take on deep violet shadows in the innumerable clefts and gorges.

When the steamer reaches Girardot, with its scarlet blossoms, its cobbled streets tipping down to the river, and its eternal clothes-washing on the flat stones of the margin, there is but one section of the journey still to be traversed—the railroad to Bogota. During this final stage there is a great deal of steady climbing to the upland plains, and a long run across the cool plains.

One passes through regions of wonderful fruit—rose-apples and nisperos, grenadillas, and manzanas and melons; ascends through a cutting whose sides are jet black because here is a seam of excellent coal providing fuel for the railway; and, after rolling through level lands where cattle graze peacefully beside willow-bordered brooks, sees at last the twin peaks of Monserrate and Guadalupe, with the white walls of Bogota at their feet. The mountains stand like a vast purple barrier; beyond lies that lake of legends, Guatavita, a score of gold-bearing rivers; the emerald mines of Muso from which the finest stones in the world, and the largest annual quantities, are produced.

Rationing and Improved Health.

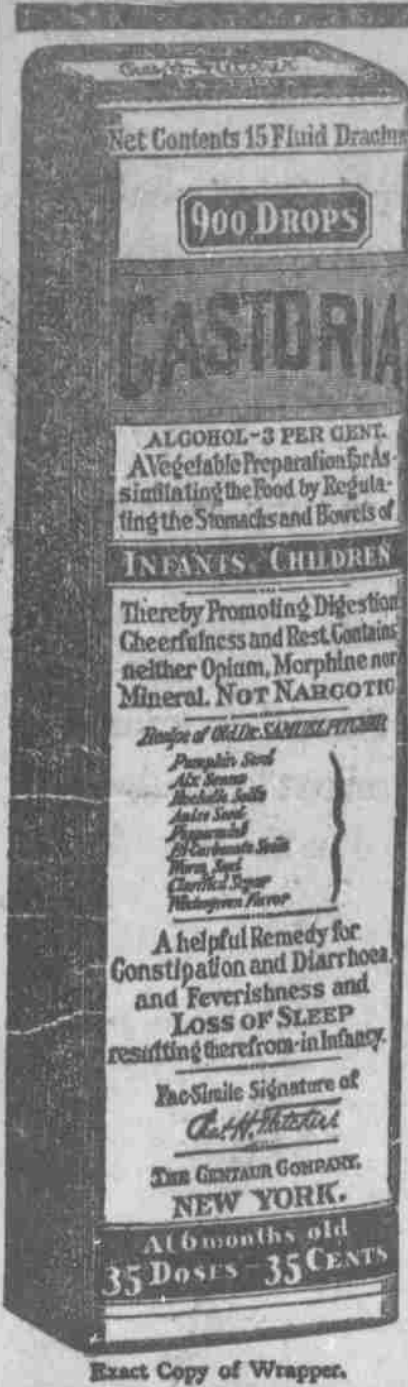
It is not true that under rationing the health of the nation "is suffering from lack of good food," says the Weekly Scotsman. "On the contrary, the health of the children in the schools has never been so good, and but for the influenza epidemic the death rate would in all probability never have been so low. Of essential foods everyone has had enough. But there has been short precisely because it was necessary to safeguard the children's milk, but no one who understands the work done by the ministry of food in securing the raw material for, and arranging the manufacture of, margarine will say that the subject of fat in general has been neglected."

Not Worth \$10.

An American unused to court etiquette was invited just before the war, says Collier's, to dine with a German prince. A glittering flunky presented a silver plate to him just before the hors d'oeuvres were served. He blushed, fumbled in his pocket, then said to himself, "I have nothing but a \$10 note, but I don't think any German dinner is worth \$10," so he let the plate pass. He then discovered that the plate was intended to receive the white gloves that he ought to have worn!—Boston Post.

How Paris Was Named.

In 52 B. C., when Caesar conquered Gaul, Paris was called, in Gallic, Lutetia (Mud-town). At that time it was inhabited by a Celtic tribe, the Parisii. They burned their town rather than surrender to Caesar, so that general ordered a new town built at the same time, and called it after the tribe, Parisii. This was the original form of the present name, Paris.



CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria

Always Bears the Signature of

Dr. J. C. Hutchins

In Use For Over Thirty Years CASTORIA

WINTERSMITH'S CHILL TONIC

Striking Similarity.

Tom P. Morgan loves to tell the old story of the farmer who tore a good deal of good clothing and went to much trouble to catch a perfectly stretched, decrepit old tramp who had been sleeping in the farmer's haymow. "Now," yelled the farmer in a triumphant outburst, "how I've got ye!" "Yes," whined the harmless old wreck, "and a great git you got!" This story is brought to mind by the report in yesterday's news that the Estonian and Finnish troops had crowned their herculean efforts by the capture of Petrograd.—Kansas City Star.

Joy for Antiquarians.

A remarkable discovery of Roman diver vessels has been made on the estate of Arthur J. Balfour, British foreign secretary, at Washington, 24 miles east of Edinburgh. The fragments are much hacked and broken, but covered with designs classical in style and exquisite in technique. The diver is Christian in design, presumably ancient church plate lost from some monastery. No such find ever had been made in Great Britain and hardly even on the continent.

Buy a Farm Now.

Because land is cheaper than it will ever be again. The U. S. Railroad Administration is prepared to furnish free information to home-seekers regarding farming opportunities. We have nothing to sell; no money to lend; only information to give. Write me fully with reference to your needs. Name the state you want to learn about. J. L. Edwards, Manager, Agricultural Section, U. S. Railroad Administration, Room 70, Washington, D. C.—adv.

How He Judged.

Mr. Bacon—You should never judge a man by his clothes, my dear. Mrs. Bacon—I never do. I always judge him by his wife's clothes.—Pearson's Weekly.

Nature's efforts to purify the system need aid in Spring. Wright's Indian Vegetable Pills are Nature's first aid in eliminating impurities.—adv.

Wise is the man who closes his face before he says too much.



HEADACHE

Often Caused by Acid-Stomach

Yes, indeed, more often than you think. Because ACID-STOMACH, starting with indigestion, heartburn, belching, food-repelling, blood and gas, if not checked, will eventually affect every vital organ of the body. Severe, blinding, splitting headaches are therefore, of frequent occurrence as a result of this upset condition.

Take EATONIC. It quickly banishes acid-stomach with its sour blast, pain and gas. It aids digestion—helps the stomach get full strength from every mouthful of food you eat. Millions of people are miserable, weak, sick and ailing because of ACID-STOMACH. Poisons, created by partly digested food charged with acid, are absorbed into the blood and distributed throughout the entire system. This often causes rheumatism, biliousness, cirrhosis of the liver, heart trouble, ulcers and even cancer of the stomach. It robs its victims of health, undermines the strength of the most vigorous.

If you want to get back your physical and mental strength—be full of vim and vigor—enjoy life and be happy, you must get rid of your acid-stomach. In EATONIC you will find the very help you need and it's guaranteed. So get a big box from your druggist today. If it fails to please you, return it and he will refund your money.

EATONIC

FOR YOUR ACID-STOMACH

Every Woman Wants

Partine

ANTISEPTIC POWDER

FOR PERSONAL HYGIENE.

Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. Has extraordinary cleansing and germicidal power. Sample Free. 50c. all druggists or postpaid. The Partine Toilet Company, Boston, Mass.

AGENTS—The boys are looking for this Army Discharge Holder. Leather. Good lettering. Folds up pocket size. Sample Free. SOUTHERN SALES CO., Dresden, Tenn.

W. N. U., MEMPHIS, NO. 27-1919.